

## SAMPLE ORDER FORM

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Daily Feature</b> Chili Beans Chuckwagon Corn  Beverage Fruit Dinner Roll Dessert # _____	<b>Daily Feature</b> Sliced Turkey Gravy Stuffing Carrots  Beverage Fruit Dinner Roll Dessert # _____	<b>Daily Feature</b> Beef Burrito Rice Fiesta Corn  Beverage Fruit Dinner Roll Dessert # _____	<b>Daily Feature</b> Qtr Chicken Mashed Potatoes Diced Beets  Beverage Fruit Dinner Roll Dessert # _____	<b>Daily Feature</b> Fish Sandwich Steak Fries Broccoli  Beverage Fruit Dinner Roll Dessert # _____	<b>Daily Feature</b> Alfredo Sauce with Pasta Capri Vegetables  Beverage Fruit Dinner Roll Dessert # _____	<b>Daily Feature</b> Salisbury Steak Mashed Potatoes Peas  Beverage Fruit Dinner Roll Dessert # _____

Enjoy our Daily Feature Entrees or select an alternative from over 60 options and write your choice in the space provided.

Highlighted items contain more than 800 mg of sodium.

### Beef

- 1601 Spaghetti and Meatballs
- 1602 Salisbury Steak
- 1603 Meatloaf
- 1605 Swedish Meatballs
- 1606 Goulash
- 1608 Meat Lasagna
- 1609 Hamburger on Bun
- 1610 Chili w/Beef and Beans
- 1612 Beef Pot Roast
- 1614 Tater Tot Casserole
- 1615 Beef Burrito

### Poultry

- 1715 Chicken Chow Mein
- 1719 Sliced Turkey w/Gravy
- 1721 Sweet and Sour Chicken
- 1723 BBQ Chicken Breast
- 1724 Chicken Patty on Bun

### Pork

- 1900 BBQ Pork Riblet
- 1902 Sliced Ham w/Pineapple
- 1903 Bratwurst on Bun
- 1906 Pork w/Ginger Sauce

### Seafood

- 1802 Parsley Buttered Fish
- 1803 Breaded Fish Fillet
- 1805 Fish Sandwich on Bun
- 1807 Orange Mango Fish

### No Meat

- 1751 Macaroni and Cheese
- 1752 Alfredo Sauce with Pasta
- 1754 Veggie Lasagna
- 3003 Potato Chowder
- 3007 Broccoli Cheese Soup
- 3012 Beer Cheese Soup

### Breakfast

- 2002 Cheese Omelet
- 2003 Denver Omelet
- 2005 French Toast Sticks/Sausage
- 2007 Raisin Bran/Sausage

### Sandwiches & Salads

- 2100 Turkey Sandwich
- 2101 Ham Sandwich
- 2102 Roast Beef Sandwich
- 2103 Chef Salad
- 2105 Chicken Salad Sandwich

### Soup

- 3000 Corn Chowder
- 3001 Beef/Barley Soup
- 3002 Navy Bean Soup
- 3004 Chicken/Wild Rice Soup
- 3005 Clam Chowder

Menu items are subject to availability. Senior Dining Choices is subsidized under contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act.

*We would love to talk with you about how Optage can help build a “bridge to optimum aging.” Please call us at 651.746.8200.*

*Optage® is the service division of Presbyterian Homes & Services, offering innovative programs and products to help you confidently and successfully live each day to the optimum. Optage emerges from a rich history, spanning more than a half-century of housing and health care choices for older adults, provided in a spirit of Christian ministry.*

[www.optage.org](http://www.optage.org)

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All faiths welcome.

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